



8499 Fishers Center Drive • Fishers, IN 46038
317-598-4325 • office@loganmd.com

Meet Pamela L. Reilly, CNHP, CNC, CPH

Pamela Reilly is a Certified Natural Health Practitioner (CNHP), Certified Nutrition Counselor (CNC) and Certified Practicing Herbalist (CPH). Pamela's passion is to help you achieve maximum wellness using completely natural methods. She has over 20 years of experience, research and certification in natural wellness methodologies. Pamela's sole concern is to help you discover ways you can achieve health and wellness using natural approaches that easily fit into your routine.

Every consultation with Pamela is personalized and every nutritional recommendation is based on your personal needs. When making recommendations, she puts as much importance on your lifestyle and emotional needs as on your nutritional needs. For example, if your health could be improved by eliminating a specific food, she will provide practical tips to minimize your adjustment and will provide coaching every step of the way. If you wish to improve your diet, Pamela will create a customized plan to help you make the necessary changes on a step-by-step basis. She is also an accomplished trainer who will not only advise you about WHAT you should do, but will also explain WHY and what you can expect while making the recommended changes.

Your wellness journey will begin with an initial consultation. Subsequent consultations are scheduled two to four weeks later as needed. Pamela can also conduct phone consultations at your request.

What to expect in your initial consultation:

- You will be asked to complete a wellness history and dietary profile listing the symptoms you'd like to overcome, past wellness issues, current prescription medications, dietary and digestive habits, etc. The wellness history can be emailed or mailed to you before your appointment so that you can complete it in advance if desired. (A condensed wellness history and dietary profile will be used for current patients of Dr. Logan's.)
- After reviewing your wellness history, Pamela will ask questions so she fully understands the experiences you've had. More importantly, she will do a lot of listening while you share your desires and challenges.
- Pamela may perform an Iridology reading of the iris of your eyes. During an Iridology reading, she will use a lens to look into each eye while gently placing her hand on the side of your face. She will shine a light across (not into) the iris of your eye so that she can clearly see indications of potential nutritional deficiencies or systemic weaknesses. Iridology is not used to diagnose physical issues, but is instead used to pinpoint areas of potential improvement.
- Pamela may use Kinesiology, also known as Muscle Response Testing (MRT), to check for specific nutritional deficiencies and/or systemic weaknesses. The nerve signals in our bodies are electricity in its purest form. If systemic weaknesses or nutritional deficiencies exist in the body, it can create electrical blockages that limit the body's ability to transmit nerve impulses. These blockages or weaknesses may cause a variety of physical symptoms. Pamela's extensive experience in MRT provides her the ability to perform the testing with precision and accuracy.
- Pamela will help you develop a step-by-step plan for any recommended dietary changes and dietary supplements.

Initial Consultation: \$130.00 Phone Consult (15 minutes or less) \$ 40.00

Follow-up Visits: \$ 65.00 Phone Consult (15 – 30 minutes) \$ 65.00

To schedule your initial consultation, please call us at 317-598-4325. Have a healthy day!